

# Patient Initiated Follow Up After Completing Treatment - Gynaecology Oncology

## Information for patients



**Clinical Nurse Specialist:** \_\_\_\_\_

**Contact Number:** \_\_\_\_\_

This leaflet explains what will happen now that you have completed your surgical treatment.

You and your cancer team have agreed that you no longer need to come to hospital for routine appointments. Research suggests that having regular follow-up appointments does not help prevent your cancer returning. Instead, symptoms and concerns are addressed more quickly when patients report them as they happen.

We would like to put you in control of your hospital follow-up and provide you with direct access to support and guidance when you need it.

After your treatment it is normal to experience some anxiety. If you feel that you need a little extra support, please speak to your nurse specialist or GP who can refer you for additional help.

If you need to see a doctor or a nurse, an appointment can be arranged very quickly, or the team may advise you to see your GP.

If you do not need to see the doctor or nurse about your condition within the specified period following your last appointment (usually 5 years), you will be discharged back to your GP who will re-refer you if you need to be seen again in the future.

## Symptoms which need investigation

It is important to raise any concerns or any new symptoms you may have with your clinical nurse specialist as soon as possible. The following is a list of symptoms which need further investigations.

**Please contact your clinical nurse specialist if you experience any of the following:**

- Vaginal bleeding and/or discharge
- Bleeding after sex
- Persistent abdominal bloating that lasts longer than 2 weeks
- Persistent pelvic or abdominal discomfort that lasts longer than 2 weeks
- Leg swelling
- Unexplained weight loss.
- Persistent cough for more than 4 weeks.

## What will happen when I ring my clinical specialist team?

Your clinical specialist team may recommend one of the following:

- That you make an appointment to see your GP
- They may reassure you that no further action is needed
- Or they may recommend a clinic appointment at the hospital – if this is needed, you will be offered a hospital appointment.

If you need immediate support at the weekend or bank holidays, please contact your GP out of hours service or NHS 111 for advice. If you feel you need more immediate attention, please attend your local Accident and Emergency Department.

## When should I see my GP?

It is important to remember that you will still get coughs, colds, aches and pains just like anybody else. If you see your GP for any other issues and if they are concerned, they can contact your clinical nurse specialist team who can arrange for you to be seen in hospital.

## Continuing to support you

If you change your address, please let your clinical nurse specialist team know so that we can continue to contact you for the first five years after your diagnosis. After this point you will be discharged to your GP.

Finally, if you are worried about something to do with your cancer diagnosis, or the treatment that you have had for it, please contact your clinical nurse specialist team. We would rather see you with something that turns out to be nothing, than for you to be at home worrying. We are there to help you, so please call if you have any questions or concerns.

## Further information and useful contacts

### Cancer Research

UK Helpline: 08088 004 040

Website: [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

### Macmillan Cancer Support

Tel: 08088 080 000

Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)

### Maggie's

Tel: 03001231801

Website: [www.maggies.org](http://www.maggies.org)

